

HELP & SHELTER

COUNSELLING, COUNSELLING TRAINING & ORGANISATIONAL CAPACITY BUILDING PROJECT **(Funded by CIDA's Gender Equality Program)**

Trainers' Report on Counselling Training held at Suddie Essequibo, Region 2 with Staff and Volunteers from Hope For All, IDCE, Police, Faith-Based Organisations and others

The duration of the programme was twenty one days, covering twenty five topic areas on Self, Human Growth & Development, Domestic Violence, the DVA, Substance Abuse and others, as listed in the program guideline.

Most of the topics were new to the trainees since the guideline was given to each individual and the method of introduction used had captured this information.

The training began with twenty persons; three males and seventeen females and was intended to be conducted over a period of 4 months with sessions on Fridays. Saturday sessions were however later included to facilitate graduation in December 2009.

The topics presented were selected by the two trainers, Ms. Carol Williams and Mr. Bruce Whatley, both of whom are qualified professional social workers. The methodologies used were interactive and instructional, including the use of PowerPoint presentations and flip charts.

The topic areas presented by Carol Williams were:

- Human Growth & Development, Heredity & environment, impact on personality
- Stages of development, socialization, body image
- Sexual & Reproductive health, HIV/AIDS and domestic violence
- Legal issues - the DV Act, the Maintenance Act
- Understanding the court process (role play, using mock courts)
- Practice - writing up application forms, review of forms
- Conflict Resolution/mediation in non-abusive relationships
- Practice of Conflict Resolution skills
- Non-counselling interventions to deal with domestic violence – advocacy, social change
- Coping with stress, Anger management
- Service provision: what is available, interventions

The topic areas presented by Bruce Whatley were:

- Examination of Self
- Background to violence - definition, historical antecedents, nature of domestic violence the web of abuse/cycle of violence, understanding the gendered aspects of domestic violence vs. 'poor conflict resolution skills', the cost of domestic violence, effects of domestic violence on the individuals
- Entrapment and the Help Seeking process, effects on children
- The role of the counsellor and counselling skills
- Profiling the client - Counselling ethics and skills - Listening, Questioning, Clarifying, Interviewing, Face to Face, Telephone, practice
- Counselling - and peer assessment, feedback
- Social history writing, case study writing, Ethical issues when counselling
- Practice of counselling skills - using GATHER checklist, assessment
- Suicide prevention, and practice, domestic violence and depression
- Child abuse, and working with children

- Preventing child abuse
- Skills when working with children - assessment
- Working with male perpetrators of domestic violence
- Suicide prevention and practice issues
- Substance abuse and frontline intervention

The trainees were exposed to one written assessment, one-on-one practical counselling sessions with trainees working in pairs, oral evaluation after each session and the final exam.

During the training the trainers witnessed a positive transformation in the behaviour and attitude of each trainee, which augurs well for themselves and the training they pursued. We can safely say that the objectives of the programme have been met in terms of participants' knowledge, understanding, frontline intervention skills and prevention methods when dealing with domestic violence matters.

Eighteen of the twenty persons who started the training graduated. Trophies were presented to the top four students who had gained distinctions.

We applaud the efforts of Help & Shelter's to collaborate and network with other NGOs particularly in the area of institutional capacity building and have no hesitation in recommending that this kind of training be continued with other organisations.

Carol Williams

Bruce Whatley

Trainers